

## **This Month's Feature**

### **Peaches**

Fresh fruits and vegetables are filling up our farmers markets and roadside stands all across North Carolina. Sweet juicy peaches are just one of my favorites that are available now so take advantage of the opportunity and go enjoy one of summers most delicious fruits. These recipes should give you a variety of ideas for enjoying NC peaches all summer long. Fresh and local really are the best so seize the prime time of the year for NC produce and enjoy the days of summer!

#### **Peach Ice Cream**

- 3 cups peach pulp
- Ice and ice cream/rock salt
- 2 quarts milk
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1 pint whipping cream
- 2 cups sugar
- 1/4 teaspoon almond flavoring
- 4 eggs, slightly beaten

To the peach pulp add the lemon juice and 1 cup of the sugar--all to stand 1 hour. Add the other cup of sugar and salt to the beaten eggs. Then blend in half of the milk. Cook the sugar, egg, and milk mixture over boiling water to create thick custard. Cool. Add the remainder of milk, the cream that has been partially whipped, the flavoring, and sweetened peach pulp. Freeze using 1 part salt to 6 parts ice. Makes 1 gallon.

PERSONAL Note: There is nothing better than homemade ice cream in the summer! Here is a basic ice cream recipe that is a little quicker and easier if you don't have time to make the rich and creamy recipe above. You can add fruit at the end of the process and make whatever flavor is in season.

2 (14 ounce) cans sweetened condensed milk

1 quart half and half

1 tablespoon plus 1 teaspoon vanilla extract

Stir together mixing well. Pour into freezer can and add milk to bring to fill line. Freeze according to manufacturer's instructions.

### **Fresh Peach Lush**

First layer:

- 1 cup chopped pecans
- 1 cup plain flour
- ½ cup butter melted

Mix above ingredients and spread in 13 x 9 pan. Bake at 350°F for 15 minutes. Cool completely.

Second layer:

- 8 oz. cream cheese, softened
- 8 oz. Cool Whip
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon

Mix and spread over cooled crust.

Third layer:

- 3 cups sliced peaches
- 2 ½ tablespoons cornstarch
- 1 cup sugar
- 1-teaspoon almond flavoring

Combine peaches, cornstarch and sugar. Cook over medium heat for about 5 minutes - until thick. Remove from heat and add flavoring. Cool completely and spread over second layer. Top dessert with 8 oz. Cool Whip.

PERSONAL Note: A light and creamy dessert. The peaches with the almond flavoring are a nice combination.

### **Peach Drop Biscuits**

2 ¼ cups Bisquick

2/3 cup Milk

2 cups NC peaches – diced (2-2 ½ peaches)

Mix ingredients together and drop on ungreased cookie sheet using a teaspoon. Sprinkle with sugar or a sugar/cinnamon mixture. Bake at 450 degrees for 8-10 minutes.

PERSONAL Note: This recipe is so quick and easy you can make it on a busy weekday morning. They are delicious with the peach jam!

### **Peach Jam**

1 to 2 cup size containers

2 lbs. North Carolina Peaches (3 cups)

1 lemon (2 TBSP)

4-½ cups sugar

1 envelope sure-jell fruit pectin

¾ cup water

Wash and rinse plastic containers with tight fitting lids. Peel, pit and mash peaches. Do not puree. Jam should have bits of fruit. Measure the exact amount of fruit with lemon juice and place in a large bowl. Stir exact amount of sugar into the fruit. Mix well and let stand for 10 minutes. Stir occasionally. Stir fruit pectin and ¾ cup water in a small saucepan. Bring to a boil on high heat, stirring constantly. Boil 1 minute, stirring constantly. Remove from heat. Stir the pectin into the fruit until the sugar is completely dissolved and no longer grainy, about 3 minutes. Pour into containers and let stand at room temperature 24 hours until set. Refrigerate up to 3 weeks. Otherwise, store in freezer for up to 1 year. Thaw in refrigerator.

PERSONAL Note: This is the first time I have ever made jam and it was so easy! I hadn't tried it because I thought the process would be too difficult but it isn't. This is a great recipe and so delicious!!!

### **Fresh Peach Bellinis**

2 ripe NC peaches, seeded and diced

1 Tablespoon freshly squeezed lemon juice

1-teaspoon sugar

1 bottle chilled sparkling NC wine

Place the peaches, lemon juice and sugar in the bowl of a food processor fitted with the steel blade and process until smooth. Press the mixture through a sieve and discard the peach solids in the sieve. Place 2 tablespoons of the peach puree into each glass and fill with cold wine. Serve immediately.

PERSONAL Note: I would garnish this drink with a blueberry and sprig of mint. Enjoy this drink with friends after a hot summer day. It is light and refreshing.

### **Peach Sauce**

1 NC peach sliced per chicken breast

2 green onions

½ tsp. fresh ginger grated

1 cup white wine

1-2 TBSP. olive oil

Sauté onions in olive oil with salt and pepper. Add ginger and cook 1 minute longer. Add wine and simmer for 2 minutes. Add peaches, turn to low and cook 2-3 minutes.

PERSONAL Note: This sauce is sweet and tangy. A great sauce on chicken or pork and so quick and easy. This is also a good way to include fruit in your meal.

